

Guide for Visiting Capitol Hill

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TRANSPORTATION AND LODGING

FLIGHTS INTO DCA, Reagan National Airport (Approx. 4 miles)

Both American Airlines and US Air offer direct flights from Nashville to Washington.

FLIGHTS INTO BWI, Baltimore Washington International Airport (Approx. 32 miles)

Southwest is usually the most affordable way to travel to DC and most fares accommodate changes and cancellations. There are several direct flights each day from Nashville to Baltimore.

GROUND TRANSPORTATION

MARC Train - The MARC Train is an easy and cost effective way to get from BWI Airport into Washington, DC.

Look for the PENN LINE schedule. Trains run regularly from the BWI Rail Station and arrive at Union Station in Washington. At the BWI Airport you will exit near baggage claim and board a shuttle to the rail station. There are automated ticket machines at the rail station.

Tickets are \$6 / pp.
MARC trains only run Monday through Friday.

Amtrak service is available on weekends at a higher fare.

Another option is the Super Shuttle which costs approximately \$38 / pp.

Taxi fare from BWI to Capitol Hill is usually around \$100. Local regulations require the taxi driver to run the taxi meter on each trip and to charge the amount on the meter. Flat rates are not permitted.

HOTELS

There are hundreds of options and visitors are often able to find affordable prices online for hundreds of hotels in the area. We suggest finding a hotel close to a metro for easy accessibility. There are several hotels very close to Union Station (MARC Train Station) and the U.S. Capitol.

Hotels during the Spring (Spring break and Cherry Blossom Festival) can be very expensive. Many offer AAA and other discounted rates.

TRANSPORTATION IN DC

The Washington, D.C. metropolitan area has an excellent metro system . The House side of the Capitol is best reached from the Capitol South stop, which is on the Orange/Blue lines. Union Station provides access to the Red Line.

Taxis are also readily available all over the city. They can be easily picked up outside of our building.

VISITING THE CAPITOL

HOUSE SCHEDULE

The House Schedule can be found [here](#).

Jim is in Washington on days when there are votes and usually departs for Nashville when votes end. If you want to make an appointment with Jim during your visit, call his scheduler for details. She is happy to provide you with the scheduling request form and work with you on an appointment. His availability depends on the House voting schedule and committee hearings.

TIPS ON FINDING JIM'S OFFICE

The office is located in 1536 Longworth House Office Building, on the 5th floor. When you exit the front elevators, our office is immediately to your left. Longworth's address is 15 Independence Avenue Southwest. There are three House office buildings, and Longworth is the middle one, between Cannon and Rayburn. If you have questions, any Capitol Police officer in the area should be able to help you.

SECURITY

Security on the Hill and around Washington can slow down your trip, so we suggest you prepare in advance. For the U.S. Capitol or any office building, you and your belongings will have to go through a metal detector. Water bottles and sharp objects such as pocket knives will likely be confiscated. Airline carry-on bag restrictions are a good point of reference. Please account for 15 minutes of extra time going through security for any meetings you have scheduled, particularly for the morning.

TOURS

Also see Cooper's full guide of DC tours.

Tours of the Capitol are easy to schedule on short notice, and the Capitol Visitor's Center is very accommodating to changing schedules.

The White House can be more challenging, and tours cannot be scheduled less than twenty days in advance. These tours can be requested up to 6 months in advance.

JIM'S FAVORITE TOURS

The Library of Congress offers one of the best tours in Washington. We can help you schedule this tour, or the Library offers excellent public tours weekdays at 10:30, 11:30, 1:30, 2:30, and 3:30 and Saturdays at 10:30, 11:30, 1:30, and 2:30.

The Hubble 3D film at the National Air and Space Museum is also one of Jim's favorites, as well as all of the Smithsonian museums.

The Smithsonian museums are free and open every day.

Finally, the International Spy Museum is offers a wonderful, interactive tour that is appealing to all ages. You can book the film and Spy Museum online.

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